

MS, RD, CDN

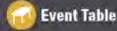
Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in vour meals or were you recently diagnosed with a condition requiring a change to your meal plan?

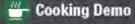
> Let the Living Well **Eating Smart** Team help!

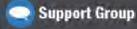
If you are interested to learn more about how Jacqui Campbell can help you and your family, contact her directly at:

Jacqui.Campbell.RD @gmail.com (413) 504-4197









Nutrition Events at Big Y®

Jacqui Campbell is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for FREE.

WESTERN MASSACHUSETTS SCHEDULE August 2019

August 7 Living with Diabetes

6:30 - 7:45 PM Chicopee Big Y 650 Memorial Dr.

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.

August 20

Living with Diabetes

10:30 - 11:45 AM

Wilbraham Big Y

2035 Boston Rd.

Walk the aisles of Big Y to learn

smart shopping choices and

meal planning tips for improving

blood sugar control.



August 13 Sandwich Solutions

11:00 AM - 1:00 PM **East Longmeadow** 441 North Main St.

August is National Sandwich Month! Whether it's to brown bag or a quick at-home meal, join us to learn how to assemble some simple nutritious sandwiches.



August 23 Helping Kids Eat Right

12:00 - 2:00 PM Wilbraham Big Y 2035 Boston Rd.

Join us as we Inform & Inspire you during Kid's Eat Right Month and learn MyPlate guidelines for your entire family, tips for picky eaters and kid-friendly meal ideas.



August 27

Back to School Basics

11:00 AM - 1:00 PM Northampton Big Y 136 North King St.

Bagged lunches don't have to be boring. Join us to gain tips and tricks for packing delicious funches to fuel the day.

Event Table

August 27 Rave About Apples

2:30 - 4:30 PM Longmeadow Big Y 802 Williams St.

Come learn about apple nutrition and how to include apples into meals and snacks. Plus, sample our newest sweet and juicy apple variety - the Rave.

Event Table

August 14 Living Gluten Free

6:30 - 7:30 PM West Springfield Big Y 503 Memorial Ave.

Join us for open conversation about gluten-free living and sampling of gluten-free snacks, in collaboration with the National Celiac Association.



August 23 Helpina Kids Eat Right

2:30 - 4:30 PM Springfield Big Y 300 Cooley St.

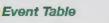
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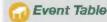


August 29 Rave About Apples

2:15 - 4:15 PM East Longmeadow Big Y 441 North Main St.

Come learn about apple nutrition and how to include apples into meals and snacks. Plus, sample our newest sweet and juicy apple variety - the Rave.





Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.